

## WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

### Children

#### GET IMMEDIATE CARE:

- ▶ Noisy, rapid or difficult breathing
- ▶ Neck pain or stiffness
- ▶ Blue or gray around lips, mouth or fingernails
- ▶ Will not wake up easily

#### CALL YOUR PROVIDER ABOUT:

- ▶ Fever
  - Age 2 months or less: 100.2 F or higher rectally
  - 3-6 months: 101 F or higher
  - Over 6 months: 103 F or higher
  - Fever for more than 2 days
- ▶ Body rash
- ▶ Worsening pain in one or both ears
- ▶ Cannot keep fluids down or refuses to drink
- ▶ Infant with fewer wet diapers or no tears
- ▶ Continued vomiting
- ▶ Cold symptoms for more than 10 days
- ▶ Other symptoms that concern you

- Antibiotics do not kill viruses.
- Most colds, coughs, and sore throats are caused by viruses.
- As much as 50% of antibiotic use is unnecessary.
- Using antibiotics when they are not needed may harm you or your child by creating stronger germs.

### Adults

#### GET IMMEDIATE CARE:

- ▶ Painful or difficult breathing, wheezing, or difficulty swallowing

#### CALL YOUR PROVIDER IF:

- ▶ Pregnant with cold symptoms
- ▶ Heavy smoker with cold symptoms
- ▶ Chronic illness (such as lung problems, diabetes or heart disease) with cold symptoms
- ▶ Symptoms worsen after 3 days
- ▶ Still sick after 10 days
- ▶ Pus in the back of your throat
- ▶ Fever for more than 3 days
- ▶ Severe headache with fever
- ▶ Worsening pain in one or both ears
- ▶ Severe sore throat pain without runny or stuffy nose

**YOUR BODY WILL FIGHT  
A COLD ON ITS OWN.  
COLDS CAN LAST LONGER  
THAN TWO WEEKS.**

**Wash your hands often  
with soap and warm water  
to prevent the spread of colds.**

**Antibacterial soaps are  
not needed.**

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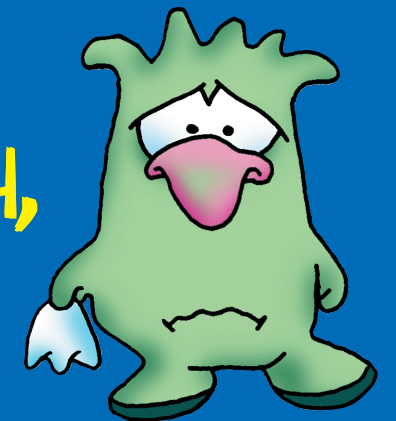
Alliance Working for Antibiotic  
Resistance Education



Washington State Medical Association




**Sources:** American Academy of Pediatrics,  
Centers for Disease Control and Prevention,  
Mayo Clinic, South Carolina Careful  
Antibiotic Use Taskforce

**WHAT CAN I DO  
to FIGHT a  
COLD,  
COUGH,  
OR  
SORE THROAT?**



**KNOW COMMON  
SYMPTOMS AND  
EFFECTIVE REMEDIES**

# SELF CARE FOR COLD SYMPTOMS

Symptoms	Home Remedies	Over-the-Counter	Generic Name	Common Brand Names (Look for store brands)
	<b>Stuffy Nose</b>	<ul style="list-style-type: none"><li>• steam inhalation</li><li>• saline nose drops</li></ul>	<ul style="list-style-type: none"><li>• decongestant—thins the mucus (read the label for a child's dose)</li></ul>	<ul style="list-style-type: none"><li>• Sudafed</li><li>• Congespirin/Neosynephrine</li></ul>
	<b>Runny Nose</b>	<ul style="list-style-type: none"><li>• for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion</li></ul>	<ul style="list-style-type: none"><li>• antihistamine—dries you up (read the label for a child's dose)</li></ul>	<ul style="list-style-type: none"><li>• Benadryl</li><li>• Chlor Trimeton</li><li>• Tavist</li></ul>
	<b>Cough</b> (dry-hacking)	<ul style="list-style-type: none"><li>• drink more water</li><li>• use a room humidifier</li><li>• suck on hard candy</li><li>• gargle (warm salt water)</li></ul>	<ul style="list-style-type: none"><li>• antitussive—helps stop the cough</li></ul>	<ul style="list-style-type: none"><li>• Delsym</li></ul>
	<b>Cough</b> (moist)	<ul style="list-style-type: none"><li>• drink more water</li></ul>	<ul style="list-style-type: none"><li>• expectorant—helps cough up germs</li></ul>	<ul style="list-style-type: none"><li>• Robitussin</li></ul>
	<b>Sore Throat</b>	<ul style="list-style-type: none"><li>• gargle (warm salt water)</li><li>• don't smoke</li><li>• suck on hard candy</li></ul>	<ul style="list-style-type: none"><li>• throat lozenges</li></ul>	<ul style="list-style-type: none"><li>• Cepacol</li><li>• Spec T</li><li>• Cepastat</li></ul>
	<b>Fever/ Muscle Aches</b>	<ul style="list-style-type: none"><li>• sponge bath</li><li>• cool compress</li><li>• rest in bed</li><li>• heating pad on sore muscles</li><li>• relaxation techniques</li></ul>	<ul style="list-style-type: none"><li>• analgesic—pain-killer</li></ul>	<ul style="list-style-type: none"><li>• acetaminophen</li><li>• aspirin (adults over 20 only)</li><li>• ibuprofen</li><li>• naproxen</li><li>• Tylenol</li><li>• Anacin, Bayer, Bufferin, Ecotrin</li><li>• Motrin, Advil, Motrin IB, Nuprin</li><li>• Aleve</li></ul>
	<b>Watery Eyes/ Sneezing</b>	<ul style="list-style-type: none"><li>• avoid things you are allergic to or that cause irritation</li></ul>	<ul style="list-style-type: none"><li>• antihistamine—dries you up (read the label for a child's dose)</li></ul>	<ul style="list-style-type: none"><li>• diphenhydramine</li><li>• chlorpheniramine</li><li>• clemastine</li><li>• Benadryl</li><li>• Chlor Trimeton</li><li>• Tavist</li></ul>
			<ul style="list-style-type: none"><li>• decongestant—thins the mucus (read the label for a child's dose)</li></ul>	<ul style="list-style-type: none"><li>• pseudoephedrine</li><li>• phenylephrine</li><li>• Sudafed</li><li>• Congespirin/Neosynephrine</li></ul>
	<b>Earache</b>	<ul style="list-style-type: none"><li>• place a warm wash cloth or heating pad set on low against the sore ear</li><li>• drink more water</li><li>• rest</li></ul>	<ul style="list-style-type: none"><li>• analgesic—pain-killer</li></ul>	<ul style="list-style-type: none"><li>• acetaminophen</li><li>• ibuprofen</li><li>• Tylenol</li><li>• Motrin, Advil, Motrin IB, Nuprin</li></ul>
			<ul style="list-style-type: none"><li>• decongestant—thins the mucus (read the label for a child's dose)</li></ul>	<ul style="list-style-type: none"><li>• pseudoephedrine</li><li>• phenylephrine</li><li>• Sudafed</li><li>• Congespirin/Neosynephrine</li></ul>

✓ Read the entire label about warnings and proper use before taking medication.

✓ Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.

✓ Many products contain multiple ingredients.



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**Sincerely,**

**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Antibiotics 2003 Home Remedies Brochure:  
What Can I Do to Fight a Cold, Cough, or Sore Throat?**

**Size:**    14 x 8.5

**Paper stock:**    80# gloss coated text white

**Ink color:**    4-color process

**Special instructions:**    2-sided printing with bleeds. Finished job folds to 3.5 x 8.5

**DOH Pub #:**    130-041